

AD \_\_\_\_\_

**Award Number:** W81XWH-08-2-0172

**TITLE:** Pilot Trial of Inpatient Cognitive Therapy for the Prevention of Suicide in Military Personnel with Acute Stress Disorder or Post-Traumatic Stress Disorder

**PRINCIPAL INVESTIGATOR:** Marjan G. Holloway, Ph.D.

**CONTRACTING ORGANIZATION:**

Henry M. Jackson Foundation  
for the Advancement of Military Medicine  
Rockville, Maryland 20852

**REPORT DATE:** August 2010

**TYPE OF REPORT:** Annual

**PREPARED FOR:** U.S. Army Medical Research and Materiel Command  
Fort Detrick, Maryland 21702-5012

**DISTRIBUTION STATEMENT:**

X Approved for public release; distribution unlimited

The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation.

REPORT DOCUMENTATION PAGE				Form Approved OMB No. 0704-0188	
Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing this collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to Department of Defense, Washington Headquarters Services, Directorate for Information Operations and Reports (0704-0188), 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to any penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number. <b>PLEASE DO NOT RETURN YOUR FORM TO THE ABOVE ADDRESS.</b>					
1. REPORT DATE (DD-MM-YYYY) 01-08-2010		2. REPORT TYPE Annual		3. DATES COVERED (From - To) 28 JUL 2009-27 JUL 2010	
4. TITLE AND SUBTITLE Pilot Trial of Inpatient Cognitive Therapy for the Prevention of Suicide in Military Personnel with Acute Stress Disorder or Post-Traumatic Stress Disorder				5a. CONTRACT NUMBER	
				5b. GRANT NUMBER W81XWH-08-2-0172	
				5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S)  Marjan G. Holloway, Ph.D.				5d. PROJECT NUMBER	
				5e. TASK NUMBER	
				5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES)  Uniformed Services University of the Health Sciences      4301 Jones Bridge Road Bethesda, Maryland 20814-4799				8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) U.S. Army Medical Research And Materiel Command      Fort Detrick, MD 21702-5012				10. SPONSOR/MONITOR'S ACRONYM(S)	
				11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION / AVAILABILITY STATEMENT  Approved for public release; distribution unlimited.					
13. SUPPLEMENTARY NOTES					
14. ABSTRACT  There are no research findings to report at this time. Over the past year, the study has gained regulatory approvals from the Walter Reed Army Medical Center, the Uniformed Services University of the Health Sciences and the Clinical Investigation Regulatory Office. The proposed research aims to deliver a brief and targeted intervention to military personnel and family members diagnosed with a trauma-related condition who are admitted for psychiatric care following a suicide attempt. If our designed intervention demonstrates to be clinically feasible, acceptable, and associated with preliminary evidence of improvement in symptoms relative to the control condition, its efficacy can be definitively determined through the conduct of a larger randomized controlled trial. Funding for an adequately powered multi-site trial was requested in May 2010. Without adequate treatment, PTSD and suicide behavior may result in costly utilization of social services, human suffering, and eventual death.					
15. SUBJECT TERMS Suicide Prevention, PTSD, Acute Stress Disorder, Cognitive Therapy, Inpatient Treatment					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT	18. NUMBER OF PAGES	19a. NAME OF RESPONSIBLE PERSON
a. REPORT	b. ABSTRACT	c. THIS PAGE			USAMRMC
U	U	U	UU	38	19b. TELEPHONE NUMBER (include area code)

## Table of Contents

	<b><u>Page</u></b>
<b>Introduction.....</b>	<b>4</b>
<b>Body.....</b>	<b>5</b>
<b>Key Research Accomplishments.....</b>	<b>7</b>
<b>Reportable Outcomes.....</b>	<b>12</b>
<b>Conclusion.....</b>	<b>15</b>
<b>References.....</b>	<b>16</b>
<b>Appendices.....</b>	<b>17</b>

## Introduction

**Background:** Posttraumatic stress disorder (PTSD) and suicide behavior are significant public health problems. Existing literature provides strong support for the relationship between PTSD and suicide ideation, attempts, and deaths. PTSD, in fact, shows the strongest association with suicide behavior of any of the anxiety disorders and has equal or greater odds ratio than mood disorders for resulting in impulsive suicide attempts. However, to date, no evidence-based interventions have been developed for individuals with PTSD who attempt suicide. Therefore, we aim to develop, implement, and evaluate an inpatient based cognitive behavioral care plan for service members and beneficiaries, with symptoms of either Acute Stress Disorder (ASD) or PTSD, who are admitted for hospitalization following a recent suicide attempt.

**Specific Aims:** (1) To develop and evaluate a new manual of *Post-Admission Cognitive Therapy* (PACT) as a targeted inpatient treatment for individuals admitted for a recent suicide attempt to a military hospital. (2) To assess the feasibility of the study's assessment procedures by monitoring the completion rate of outcome measures during face-to-face as well as follow-up phone and web-based administrations. (3) To evaluate the degree of change and variability of response to *Post-Admission Cognitive Therapy* in comparison to *Enhanced Usual Care* at post-intervention and follow-up (1-, 2-, and 3-Month) on subsequent suicide attempt behavior (primary outcome) as well as on levels of depression, hopelessness, suicide ideation, and posttraumatic stress symptoms (secondary outcomes). (4) To examine in a preliminary manner whether improvements on primary and secondary outcome measures are associated with enhanced problem solving abilities which is viewed as a potential mechanism of change in cognitive therapy for the reduction of suicide behavior and PTSD symptoms.

**Objective:** The broad objective of this research is to effectively utilize a unique window of opportunity during the hospitalization period following a recent suicide attempt to deliver a brief and targeted intervention for traumatized individuals.

**Study Design:** We plan to randomize 50 traumatized patients hospitalized at the Walter Reed Army Medical Center for a recent suicide attempt to one of two conditions: (1) Post-Admission Cognitive Therapy + Enhanced Usual Care (PACT+EUC) or (2) Enhanced Usual Care (EUC). Individuals who are over the age of 18, able to communicate in English and willing to provide informed consent will be recruited. The PACT+EUC condition will consist of six 1-hr individual cognitive therapy sessions administered over 3 days. The EUC condition will consist of the usual care patients receive at an inpatient facility during their hospitalization in addition to assessment services provided by independent evaluators who work directly with our research team. The primary outcome variable is the number of subsequent suicide attempts. We expect that patients in the control condition will reattempt suicide at an earlier date and at a higher frequency as compared to patients enrolled in the intervention condition. Secondary outcome measures include the severity of depression, hopelessness, suicide ideation, and posttraumatic symptoms. Patients in both conditions will be assessed on the dependent measures at baseline and at 1-, 2-, and 3- month follow-up intervals. Data analyses will provide estimates of the statistical power of PACT relative to EUC over time via the usage of repeated observation data. Our preliminary effect size estimates will be used for future sample size calculations to conduct a larger randomized controlled trial to definitively determine the efficacy of PACT.

## Body

During the past year, our efforts continued in securing regulatory approvals from the following: (1) the Walter Reed Army Medical Center (WRAMC), Clinical Investigations Committee and Human Use Committee, (2) the Uniformed Services University of the Health Sciences (USUHS), and (3) the Clinical Investigations Regulatory Office (CIRO). Approvals from WRAMC and CIRO were received on November 20, 2009. Approval from USUHS was obtained on January 27, 2010. Based on our understanding and communication with Ms. Denise Neath, our Institutional Review Board Coordinator at WRAMC, we were under the impression that we could begin with study recruitment. However, on February 26, 2010, we received an email from Ms. Karen Eaton, Office of Research Protections (ORP), United States Army Medical Research and Materiel Command (USAMRMC) that indicated a number of additional revisions to the protocol. In an email dated March 3, 2010, Ms. Neath contacted ORP and wrote the following: "since WRAMC DCI issues an approval based on CIRO's approval, can MRMCM defer to CIRO OR if changes are required can this be expeditiously approved as addendum #2? The PI is eager to start this study." In an email response dated March 8, 2010, LTC Mary Klote indicated the following: "I just spoke with Caryn Duchesneau and HRPO will defer to CIRO." When this final approval was received, the PI began work on an amendment packet and started the hiring procedures for the study in order to recruit appropriate study therapists.

However, on June 25, 2010, the PI was informed of the following:

"Much confusion has surrounded the second level review process and approval authority for the above referenced protocol. I met with Caryn Duchesneau, HRPO Chief, this morning to discuss the course of action for this protocol. Given the recent changes and realignment of CIRO as a branch of ORP (per the 1 Dec 2009 guidance), all MRMCM funded protocols previously deferred to CIRO by ORP HRPO are now coming back to the HRPO for oversight. These protocols are being sent from CIRO or the DCIs at the time of continuing review and/or major amendments for HRPO review, approval, and oversight of all future life cycle actions. Therefore, in this case, even though this protocol received CIRO approval prior to the CIRO realignment, it recently came up for continuing review and prompted the initiation of a HRPO review. Therefore, Dr. Holloway's research protocol to be conducted at WRAMC will be transferred from CIRO back to HRPO. Given this transfer and the fact that the CDMRP award requires HRPO approval prior to the release of funds, the HRPO must conduct a headquarters level review. As a result of the HRPO headquarters level review, Dr. Holloway will be sent some requested revisions. After these revisions are adequately addressed, HRPO will issue approval and the research can commence. I will be sending the requested revisions to Dr. Holloway shortly. I apologize for any confusion regarding the protocol and review process. Please note that I will be your point of contact from this point forward regarding second level oversight of this research protocol. If you have any questions, please feel free to contact me or Caryn Duchesneau. Sincerely, Karen Eaton"

Based on a consultation with Ms. Eaton at HRPO and Ms. Neath at WRAMC, we will follow these steps to finalize regulatory approvals: Step 1. We will complete an amendment packet for WRAMC; Step 2. We will address the requested revisions by HRPO and include these in our amendment packet to WRAMC; Step 3. We will submit the amendment packet first to Ms. Eaton for an expedited review and then to WRAMC for review/approval; Step 4. Once we have obtained approval from WRAMC, Julie Lee as the Henry Jackson Foundation regulatory specialist, will send all approved documents to HRPO; Step 5. Once we have obtained approval from HRPO, we will forward the amended protocol & approvals to the USUHS IRB.

The PI has continued to actively provide oversight for all of the regulatory components of the study and has kept the project moving forward. While waiting for regulatory approvals, the PI has continued to gain knowledge about various cognitive behavioral interventions for the treatment of suicidal individuals as well as evidence based inpatient treatment strategies. The research in this area has consisted of reading scientific literature, consulting with national and international subject matter experts, as well as informal

communication with patients and providers about perceived treatment needs and gaps in inpatient care for individuals following a suicide attempt. The PI has participated as a member of the Defense Health Board's Task Force on the Prevention for Suicide by Members of the Armed Forces, the North Atlantic Treaty Organization's working group on military suicide, the Tragedy Assistance Program for Survivors Conference for Military Survivors and the DoD Suicide Prevention and Risk Reduction committee suicide nomenclature workgroup. All these activities in addition to participation in national and international suicide meetings have been instrumental in the scientific conceptualization, planning, and implementation associated with the upcoming trial.

A comprehensive assessment and treatment guide have been drafted. Both guides will be used for training and project implementation and will be subject to continual refinement. The assessment guide provides detailed instructions on the procedures for study recruitment, consenting, baseline assessments, and follow-up assessments. In addition, the assessment guide provides information on each self-report and clinician administered measure to be administered. The treatment manual delineates the major objectives and procedures for the six sessions of therapy and contains all of the forms needed for each session.

The PI has actively recruited personnel to assist with the implementation of the study. To date, one part-time research assistant, one part-time postdoctoral fellow, and one full-time postdoctoral fellow have been employed. Regulatory binders have been created. Personnel have been working on adverse event reporting procedures for the study. Study measures have been ordered and copyright permissions have been obtained from test publishers in order to convert paper-and-pencil measures into computerized scan-ready forms. Plans for stratification and randomization table have been finalized. The assessment protocol has been shortened to decrease subject burden. A preliminary schedule for the consenting, assessment, and treatment of patients during their inpatient stay has been created. A meeting with the WRAMC inpatient psychiatry staff has been conducted and all modifications to the finalized study protocol have been summarized in an amendment packet to be submitted to WRAMC, USUHS, and HRPO in early September 2010.

In April-May 2010, the PI was approached by the USAMRMC Military Operational Medicine Research Program to prepare a grant application to conduct a larger scale multi-site study to definitively determine the efficacy of Post Admission Cognitive Therapy (PACT). The grant application was submitted on May 17, 2010 and offered a significant improvement on our original ideas formed over two years ago. We have recruited WRAMC and the Norfolk Medical Center to participate as recruitment sites. We have formed a collaborative relationship with seasoned suicide prevention researchers at Duke University and Michigan University to assist us with the proposed study. Peer review on this proposed project has been very favorable. The reviewers note that we "have presented a well-developed proposal with a clear timetable for initiating and completing the study," that our proposed study is "very important and relevant ... of high merit," "state of the art," and if "the intervention is successful, it may initiate a major change in response to suicidal behavior in the military as well as in civilian and veteran populations." The reviewers further highlight the expertise of the research team, the public health significance of the proposed study, and the study's feasibility. In terms of the deliverables for this study, reviewers comment that there is a "direct and close relationship between the research proposed and real-world clinical tools as end products."

## Key Research Accomplishments

Table 1 presents the timeline of study activities over 3 years as presented in our *Statement of Work*.

<b>Table 1. Timeline of Study Activities Over 3 Years</b>												
Year:	One				Two				Three			
Quarters:	1	2	3	4	5	6	7	8	9	10	11	12
1 <sup>st</sup> Draft of Treatment Manual & Study Procedures												
1 <sup>st</sup> Review of Manual by Consultant (Aaron Beck)												
PI Pilots Treatment for 2-3 Training Cases												
Revision of Treatment Manual & Procedures												
Development of Training Materials for Therapists												
Adaptation of <i>Cognitive Therapy Rating Scale</i> (CTRS) to Measure Therapist Adherence												
Training of Study Therapists (Five 2-hour Sessions)												
Training of Study Assessors (Three 2-hr Sessions)												
Each Study Therapist Sees 2-3 Training Cases												
Supervision of Study Therapists, Ratings of Adherence, Determination of Competence												
Reliability Checks (Marjan Holloway & Greg Brown)												
2 <sup>nd</sup> Review of Manual by Consultants (Aaron Beck)												
Near Final Revision of Treatment Manual & Study Procedures												
Pilot Randomized Controlled Trial ( $n = 50$ )												
Rate of Expected Recruitment (4 Patients Per Month)												
1-, 2-, and 3-Month Follow-Up Assessments												
Data Management (Development, Entry, & Cleaning)												
Data Analysis												
Dissemination of Results, Preparation of Follow-Up Grant Application												

For the 2<sup>nd</sup> year reporting period, here is a listing of all activities associated with the initiation of the pilot clinical trial:

### 1. Interviewed, Selected, and Hired Postdoctoral Clinicians

On September 2, 2010, two postdoctoral fellows (1 full-time and 1 part-time) will begin work on the project. Their tasks include recruiting, consenting, assessing, and treating study participants. These individuals will also serve as clinical coordinators for the study and will oversee training and the daily execution of the study under the direct supervision of Dr. Marjan Holloway.

### 2. Amended Original IRB Protocol

The research team has worked on a number of modifications to be submitted to the regulatory agencies in an amendment packet. The requested changes are based on recent consultations with the psychiatry inpatient staff and detailed review of study procedures and potential implementation challenges.

### 3. Submitted WRAMC and USUHS Annual Progress Reports

We submitted our annual progress reports to WRAMC and USUHS IRBs.

### 4. Developed 1<sup>st</sup> Draft of Treatment Protocol

An initial working draft of the treatment protocol has been prepared.

### 5. Finalized the Assessment Protocol

The comprehensive assessment protocol has been drafted for the study with procedures and guidance on baseline and follow-up administrated measures.

## **6. Initiated Credentialing Processing of Study Personnel at WRAMC**

Clinical privileges at WRAMC have been requested for various study personnel.

## **7. Obtained Certificate of Confidentiality (CoC) from NIH**

On February 19, 2010, a CoC was issued by the National Institutes of Health (NIH). Mr. Brent Loomis and Ms. Olga Boikes have been our points of contact for the CoC.

## **8. Registered Study on Clinicaltrials.gov**

On March 7, 2010 the project was entered in clinicaltrials.gov.

## **9. Requested Meeting & Met with WRAMC Inpatient Psychiatry Team**

The PI consulted with COL John Bradley, Chief of Psychiatry at WRAMC about implementation related issues. Given that LTC Geoffrey Grammer, Chief of Inpatient Psychiatry was deployed at the time, COL Bradley suggested that the PI contact Dr. Jennifer Weaver who is currently the Acting Chief of Inpatient Psychiatry. On 3/18/2010, the PI contacted Dr. Weaver and Dr. Anne Burke, the WRAMC Inpatient Psychiatry Milieu Director in order to arrange a meeting with key personnel to discuss implementation related issues.

On April 28, 2010 the PI and two postdocs, Dr. Daniel Cox and Dr. Farrah Greene met with key personnel of the WRAMC, Inpatient Psychiatric Unit which included the Acting Chief, the Milieu Director, the Unit Psychologist, and 2 Staff Psychiatrists. The objectives set out for the meeting were the following: (1) to provide an overview of the study's aims and methods, (2) to learn about the current inpatient treatment milieu (e.g., meal times, space, concurrent treatment), (3) to discuss implementation related issues so that collaborative decisions about best practices for implementation could be made, and (4) to foster a healthy collaborative relationship with inpatient staff and to address any questions and/or concerns they may have.

The meeting was extremely collegial and our group was warmly welcomed to the unit. We discussed and problem-solved several implementation related issues. For instance, we learned that patients are actively engaged in various activities on the ward from 8am – 3pm. We also learned that space remains sparse during these active hours. We decided that we could have a presence at the unit during the hours of 3pm – 10pm and over the weekends. WRAMC Inpatient Psychiatry Staff expressed enthusiasm about this plan because patients do not have activities planned for this time frame and therefore, any involvement in assessment and therapeutic activities was viewed as having high value. The Unit Psychologist volunteered to serve as our daily primary point of contact for identification and referral of eligible study participants for recruitment. We agreed that upon initiation of study enrollment, we would setup a monthly meeting to continue our dialogue about the project and to problem solve potential challenges.

## **10. Conducted Weekly Meetings to Prepare Amendments to IRB Application**

Based on several recent changes in study procedures (e.g., recruitment during the hours of 3pm – 10pm) and addition/modification of several study questionnaires (e.g., we have added a measure to help us identify participants with traumatic brain injury), we are currently in the process of finalizing an amendment packet to be submitted to the WRAMC IRB. We expect to receive approval of this amendment packet during June 2010.

## **11. Met with KAI Research Inc.**

On April 14, 2010 the PI and fellow collaborators met with KAI, a clinical research organization, which may assist with the design/hosting of study assessment and data management. We have obtained an



estimate for services to be provided and we'll check the feasibility of this plan against our original CDMRP budget.

## **12. Hired Part-Time Research Assistant (April 2010)**

On April 5, 2010, Katie DeYoung was hired to help with the current project. Ms. DeYoung has a Bachelor's degree in psychology from the University of Tennessee and is currently assisting with various study related tasks.

## **13. Met with USUHS IRB about Adverse Event Reporting**

On April 9, 2010, two postdocs working on the study met with two members of the USUHS IRB to discuss adverse event reporting. It was concluded that patient related adverse events will be reported to the WRAMC IRB, not the USUHS IRB. We plan to draft an adverse event reporting guide for our study personnel during the next quarter.

## **14. Submitted Annual Progress Report to the WRAMC IRB**

On April 26, 2010, we submitted our Year 1 annual progress report to the WRAMC IRB. On May 7, 2010, the continuing review was approved.

## **15. Discussed with Military Research and Materiel Command Plans for the Expansion and Acceleration of Pilot CDMRP Study – Submitted Grant Application on May 17, 2010**

In early April 2010, the PI was contacted by Dr. Joan Hall of the Military Research and Materiel Command (MRMC) who indicated that funding will be allocated in order to expand and accelerate the pilot CDMRP study. Dr. Hall stated that the CDMRP original statement of work can be amended to allow for this additional funding. The PI consulted with Dr. Kimberly Del Carmen shortly thereafter to discuss the mentioned plans. A decision was made by the CDMRP and MRMC that given the amount of funding, a separate protocol application would be required. The PI was asked to submit a completed application through the Broad Agency Announcement 10-1 for additional funding in the amount of \$6,000,000 total (direct and indirect costs). The original deadline for this application was May 3, 2010 and later extended (upon the request of the PI) to May 17, 2010. Dr. Del Carmen suggested that in the newly written proposal, the PI clearly outline the scope of the study and how the findings from the CDMRP study will guide the subsequent multi-site randomized controlled trial. The application has been submitted and received a global score of 1.8. Reviewers' comments have been received and comprehensive responses have been provided.

## **16. Selected and Recruited Data Safety Monitoring Board Members**

We have generated a preliminary list of potential board members and we are in the process of contacting each for participation in the DSMB group.

## **17. Received WRAMC IRB Approval**

On November 20, 2009, WRAMC Human Use Committee approved the submitted protocol for the current project. This approval was signed by Jessica Zaret Maj, MC, Chief of the Research Review Service in the Department of Clinical Investigations at WRAMC.

## **18. Received USUHS IRB Approval**

The USUHS IRB documents were uploaded into the new IRBNet system in December 2009. The completed packet was submitted to the USUHS IRB on January 7, 2010. Several additional documents were requested by the IRB on January 14, 2010. These documents were added and the study packet was resubmitted on January 21, 2010. The project was approved on January 27, 2010.

## **19. Met with Snap Surveys – Planned Secure Web-Based Assessments**

The PI and fellow collaborators had a telephone meeting with Snap Survey representatives on December 22, 2009 to discuss the web-based assessment of participants. We discussed a variety of issues such as mode of assessments, format of assessments, and timeline. On December 28, 2009, Snap Surveys provided us with detailed price quotes for a variety of services we discussed at the previous meeting.

Following a review of the services provided by SnapSurveys, we have decided to wait a bit before making a final decision on the contract. We currently have one research assistant who has received training in the usage of Snap Surveys and has used the training to convert all of our study questionnaires into a computerized, scannable format.

## **20. Met Weekly to Finalize Assessment & Therapy Administration – Procedural Guides and Associated Training Materials**

The weekly meetings are generally 2-3 hours in length and include the study PI, two postdoctoral fellows, three research assistants, and a social worker who has recently joined our team on a volunteer basis. The goals of the weekly meetings are the following: 1) to finalize the study assessment packet; to make final decisions on baseline and follow-up assessment procedures; to develop an assessment training procedural guide and accompanying materials (to include MSPowerPoint slides and other training components) for both the baseline and follow-up phases; and to complete the purchasing of instruments and handling of copyright issues (as needed), and 2) to establish a session-by-session therapy procedural guide and associated checklist; to finalize a training packet for study therapists; and to plan for adherence and reliability checks. We have already made decisions on components associated with the first and second phase of therapy and are working toward finalizing plans for the trauma components of treatment and the last phase of therapy.

## **21. Obtained Training on Post Traumatic Stress Disorder (PTSD) at WRAMC**

On December 4, 2009, the PI and the two postdoctoral fellows working on the project attended a full-day training session on PTSD at WRAMC. The presentation focused on PTSD assessment and treatment for military and veteran populations with particular attention paid to the construct of moral injury – i.e., damage to one's spirituality, religious beliefs, and/or faith. We found some of the content of the presentation directly relevant to our study and treatment plans given that religious faith and/or spirituality have demonstrated to be protective factors against suicide. We learned to expect that moral injury may need to be addressed in some of our traumatized suicidal patients.

## **22. Attended the 2010 DoD/VA Suicide Prevention Conference, Washington, DC**

The PI presented at the 2010 DoD/VA Suicide Prevention Conference in Washington, D.C. in January and shared preliminary data based on a retrospective chart review that described the characteristics of patients admitted for suicide ideation or attempt behavior at the WRAMC. The findings associated with this study are highly relevant to our treatment development and empirical testing as they demonstrate that a significant number of admitted inpatients have a lifetime history of trauma – particularly childhood sexual abuse for attempters, and recent death of a loved one for ideators. We continue to critically evaluate our retrospective chart review data to better learn about the patient population for whom the treatment is being developed.

The PI, two postdocs, and several other lab members attended the conference. The conference consisted of a variety of presentations offered by nationally known suicidology experts who discussed issues relevant to suicide, specifically in a military context. The forum provided us with an opportunity to learn about the details of other clinical research (e.g., caring letters, outpatient cognitive therapy for suicide prevention), to network with experts in the field, and to learn from family members/survivors of military suicide. This

participation also allowed us to create a list of potential members for our Data Safety Monitoring Board (DSMB) to be formed within the next quarter.

### **23. Submitted Approved Protocols to Henry Jackson Foundation for Forwarding & Processing at the Human Research Protections Office (HRPO) at the USAMRMC Office of Research Protections (ORP)**

On January 28, 2010, following the receipt of USUHS IRB approval, the PI communicated with Ms. Marianne Spevak, the Manager at Henry Jackson Foundation's (HJF) Office of Regulatory Affairs and Research Compliance to obtain her assistance with receiving the final regulatory approval needed from the HRPO at the USAMRMC . The requested documents were processed and forwarded to Ft Detrick USAMRMC on 2/2/2010 by Ms. Julie Lee, Office of Regulatory Affairs and Research Compliance at HJF.

### **24. Researched Cognitive Behavioral Components to Be Included in Treatment Manual**

The PI has continued to gain knowledge about various cognitive behavioral interventions for the treatment of suicidal individuals as well as inpatient treatment protocols. The research in this area has consisted of reading scientific literature, consulting with national and international subject matter experts, as well as informal communication with patients and providers about perceived treatment needs and gaps in inpatient care for individuals following a suicide attempt.

## Reportable Outcomes

### Publications

Martin, J., **Ghahramanlou-Holloway, M.**, Lou, K., & Tucciarone, P. (2009). A comparative review of U.S. military and civilian suicide behavior: Implications for OEF/OIF suicide prevention efforts. Journal of Mental Health Counseling, 31(2), 101-118.

**Ghahramanlou-Holloway, M.**, Wiltsey-Stirman, S., Salsman, N., Martin, J., Brown, G., & Beck, A. T. (revise & resubmit). Improving patient and study therapist retention in clinical trials with suicidal patients.

Wiltsey-Stirman, S., Brown, G. K., **Ghahramanlou-Holloway, M.**, Fox, A., Khan, M., & Beck, A. T. (submitted). Participation bias among suicidal adults in a randomized controlled trial.

**Ghahramanlou-Holloway, M.**, Cox, D., & Greene, F. (revise & resubmit). Adapting cognitive therapy for suicidal patients to an acute inpatient environment.

**Ghahramanlou-Holloway, M.**, Cox, D., Rutstein, D., Greene, F., Fritz, E., Lou, K., Wynn, G., Bradley, J., & George, B. (in preparation). Documented traumatic life events for suicide related admissions at a military hospital.

Cox, D., **Ghahramanlou-Holloway, M.**, Rutstein, D., Greene, F., Kochanski, K., Branlund, S., Martin, J., Sterling, G., & Grammer, G. (in preparation). Types of trauma history: Differences and similarities between male and female soldiers admitted to an inpatient psychiatric unit.

### Presentations

**Ghahramanlou-Holloway, M.**, & Bradley, J. (2010, August). Suicide risk assessment and management in acute care settings. Invited presentation to Medical Residents at the Department of Psychiatry, Walter Reed Army Medical Center, Washington, DC.

Brenner, L., Gallagher, M., **Ghahramanlou-Holloway, M.**, Scott, C., & Werbel, A. (2010, April). Suicide loss and the military. Invited presentation<sup>1</sup> in symposium moderated by Franklin Cook at the annual meeting of the American Association of Suicidology, Orlando, FL.

Greene, F. N., Wagner, B. M., Cox, D. W., & **Ghahramanlou-Holloway, M.** (2010, April). Maternal reactions to adolescent suicide attempt behavior. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Orlando, FL.

**Ghahramanlou-Holloway, M.**, Brown, G. (2010, April). A brief intervention to reduce suicide risk in military service members and veterans. Invited presentation at the Department of Defense Suicide Prevention Research Program Working Group, Frederick, MD.

**Ghahramanlou-Holloway, M.** (April, 2010). Post Admission Cognitive Therapy (PACT) for traumatized individuals with suicide behavior. Military Operational Medicine Research Program, Frederick, MD.

---

<sup>1</sup> Written presentation was provided due to unexpected absence.

**Ghahramanlou-Holloway, M.** (2010, April). Post admission cognitive therapy (PACT). Invited presentation at the Department of Defense Suicide Prevention Research Program Working Group, Frederick, MD.

Martin, J. S., Greene, F. N., Kochanski, K., Fritz, E. C., Sterling, A. G., Szeto, E. H., & **Ghahramanlou-Holloway, M.** (2010, April). Helping services utilization prior to death in a sample of United States Air Force suicide decedents. Poster presented at the annual meeting of the American Association of Suicidology, Orlando, FL.

Martin, J. S., **Ghahramanlou-Holloway, M.**, Nademin, M., Olsen, C., Branlund, S., Englert, D., & Jobes, D. (2010, April). Suicide in the United States Air Force: Relationship among marital status, life stressors and communication of distress. Paper presented at the annual meeting of the American Association of Suicidology, Orlando, FL.

Cox, D. W., **Ghahramanlou-Holloway, M.**, Rutstein, D., Greene, F. N., Kochanski, K. M., Branlund, S., Martin, J. S., Sterling, A. G., & Grammer, G. (2010, March). Types of trauma history: Differences and similarities between male and female soldiers admitted to an inpatient psychiatric unit. Poster Presented at the annual meeting of the Anxiety Disorders Association of America, Baltimore, MD.

**Ghahramanlou-Holloway, M.**, Cox, D. W., Rutstein, D., Greene, F. N., Fritz, E. C., Lou, K. E., Szeto, E. H., Wynn, G., Bradley, J., & George, B. (2010, March). Documented traumatic life events for suicide related admissions at a military hospital. Poster presented at the annual meeting of the Anxiety Disorders Association of America, Baltimore, Maryland.

**Ghahramanlou-Holloway, M.** (2010, January). Inpatient cognitive behavioral approach for the treatment of suicide attempt behavior in military service members and families. Invited presentation at the Defense Centers of Excellence sponsored annual meeting of the DoD/VA Suicide Prevention Conference, Washington DC.

**Ghahramanlou-Holloway, M.** (2009, December). Cognitive therapy for adult suicide attempters. Invited lecture provided for Suicide as a Public Health Problem course offered at the Johns Hopkins School of Public Health, Department of Mental Health, Baltimore, MD.

**Ghahramanlou-Holloway, M.** (2009, November). In search of evidence for best practices in suicide prevention. Invited presentation at the Medical and Clinical Psychology Colloquium Series at Uniformed Services University, Washington, DC.

**Ghahramanlou-Holloway, M.** (2009, October). Inpatient post admission cognitive therapy (PACT) for the prevention of suicide attempts. Selected as 1 of 6 grant recipients to give an invited presentation at the National Alliance for Research on Schizophrenia and Depression (NARSAD) 21<sup>st</sup> Annual New York City Mental Health Research Symposium, New York, NY.

**Ghahramanlou-Holloway, M.** (2009, September). Generalizability of PTSD cognitive behavioral psychotherapy clinical trials for traumatized individuals with suicide behavior. Invited presentation at the Military Health Research Forum, Kansas City, MO.

**Ghahramanlou-Holloway, M.**, & Fritz, Elisabeth. (2009, September). Generalizability of PTSD cognitive behavioral psychotherapy clinical trials for traumatized individuals with suicide behavior. Poster presented at the meeting of the Military Health Research Forum, Kansas City, MO.

**Ghahramanlou-Holloway, M.**, & Fritz, Elisabeth. (August-September 2009). Generalizability of PTSD cognitive behavioral psychotherapy clinical trials for traumatized individuals with suicide

behavior. Military Health Research Forum, Kansas City, MO.

**Ghahramanlou-Holloway, M.** (July 2008 – Present). Cognitive behavioral assessment and treatment of suicide behavior. 4-Hour Training Workshop for Military Healthcare Providers, Offered at the Center for Deployment Psychology, Bethesda, MD.

**Ghahramanlou-Holloway, M.** (2009, June). Suicide investigation, assessment, and mitigation. Invited presentation at the Walter Reed Army Medical Center, Forensic Psychology Service, Washington, DC.

### **Research Support**

2010-2015 Submitted	United States Army Medical Research and Materiel Command Military Operational Medicine Research Program <u>Post Admission Cognitive Therapy (PACT) for the Inpatient Treatment of Military Personnel with Suicidal Behaviors: A Multi-Site Randomized Controlled Trial</u> Role: Principal Investigator Total = \$6,000,000
2010-2012	United States Navy USN Suicide Prevention Program <u>Preliminary Program Evaluation of Navy Suicide Prevention Program</u> Role: Principal Investigator Total Awarded = \$60,000
2009-2012	United States Army Medical Research and Materiel Command Military Operational Medicine Research Program <u>A Brief Intervention to Reduce Suicide Risk in Military Service Members and Veterans</u> Role: Principal Investigator Multiple PIs: Brenner, Brown, Currier, Holloway, Knox, Stanley Total Awarded = \$2,671,337
2009-2014	U01 - National Institute of Mental Health (USA Suicide RFA-MH-09-140) <u>Modifiable Risk and Protective Factors for Suicidal Behaviors in the US Army</u> Role: Co-Investigator (PI: Robert Ursano, M.D.) Total Awarded = \$50,000,000
2009-2014	United States Army Medical Research and Materiel Command <u>Military Suicide Research Consortium</u> Role: Co-Investigator (PI: Peter Gutierrez, Ph.D. & Thomas Joiner, Ph.D.) Total Awarded = \$30,000,000

## Conclusion

There are no research findings to report at this time. Over the past year, the study has gained regulatory approvals from the Walter Reed Army Medical Center, the Uniformed Services University of the Health Sciences and the Clinical Investigation Regulatory Office. The proposed research aims to deliver a brief and targeted intervention to military personnel and family members diagnosed with a trauma-related condition who are admitted for psychiatric care following a suicide attempt. If our designed intervention demonstrates to be clinically feasible, acceptable, and associated with preliminary evidence of improvement in symptoms relative to the control condition, its efficacy can be definitively determined through the conduct of a larger randomized controlled trial. Funding for an adequately powered multi-site trial was requested in May 2010. Without adequate treatment, PTSD and suicide behavior may result in costly utilization of social services, human suffering, and eventual death.

Upon the submission of our amendment packet, we expect that the approval from HRPO will be attained quickly. We expect to initiate study recruitment and have results to share in the next annual report for this study.

The early study conclusions are that at least 12-18 months need to be devoted to the complexities of obtaining regulatory approvals for research pertaining to suicidal individuals receiving treatment in a military setting. Future investigators are encouraged to think about the time associated with such processes and plan accordingly. In addition, we have learned that the daily operations of an inpatient milieu need to be carefully taken into account before the infrastructure for an intervention controlled trial is setup. For instance, we have been asked by inpatient unit staff to provide services between the hours of 3pm to 9pm daily.

The study represents the only randomized controlled pilot psychotherapy trial addressing the needs of traumatized military personnel following a suicide attempt. Given the magnitude of the public health problem presented by suicide-related thoughts and behaviors in the military, there is a significant need for empirically supported treatments that directly address the needs of individuals with a history of trauma that have attempted suicide.

## References

None.



## **Appendices**

CV – Principal Investigator, Dr. Marjan Holloway

# Marjan Ghahramanlou Holloway, Ph.D.

## Curriculum Vitae

---

Uniformed Services University of the Health Sciences  
*Department of Medical & Clinical Psychology*  
4301 Jones Bridge Road, Room B3050  
Bethesda, MD 20814-4799

(301) 295-3271 Office  
(301) 295-3034 Fax  
[mholloway@usuhs.edu](mailto:mholloway@usuhs.edu)

---

### CURRENT PRIMARY AND SECONDARY APPOINTMENTS

---

**Assistant Professor**, Department of Medical & Clinical Psychology  
(Tenure-Track) Uniformed Services University of the Health Sciences

June 2006 – Present

**Assistant Professor**, Department of Psychiatry  
**Scientist**, Center for the Study of Traumatic Stress  
Uniformed Services University of the Health Sciences

June 2009 – Present

### EDUCATION

---

- 2004    **Postdoctoral Fellowship**  
University of Pennsylvania, School of Medicine, Department of Psychiatry, Philadelphia, PA  
Mentors: Aaron T. Beck, M.D. and Gregory K. Brown, Ph.D.
- 2003    **Ph.D. Clinical Psychology**  
Fairleigh Dickinson University (APA-Accredited), Teaneck, NJ  
Dissertation Title: “*Cognitive Behavioral Treatment Efficacy for Anxiety Disorders: A Meta-Analytic Review*”
- 2001    **Clinical Internship**  
Springfield Hospital Center (APA-Accredited), Sykesville, MD
- 1997    **M.A. Pre-Clinical Psychology**  
Chapman University, Orange, CA  
Thesis Title: “*Vicarious Trauma: The Effects of Crisis Intervention on Sexual Assault Counselors*”
- 1994    **B.S. Biology, B.A. Psychology, Minor in English Literature**  
University of California, Irvine, CA

### HONORS & AWARDS

---

- 2009    Cinda Helke Award for Excellence in Graduate Student Advocacy
- 2006    Level II Participant Award, NIH Sponsored 1-Week Summer Research Institute on Suicide Prevention, University of Rochester
- 2005    Level I Participant Award, NIH Sponsored 1-Week Summer Research Institute on Suicide Prevention, University of Rochester
- 2003    Marquis Who's Who in American Education
- 1996-1999    Johnson & Johnson Minority Scholarship
- 1996-1999    Fairleigh Dickinson University – Psychology Department Research Assistantship Award
- 1996    Chapman University – Outstanding International Graduate Student Award

**RESEARCH SUPPORT (PEER-REVIEWED)**

---

2010-2015	United States Army Medical Research and Materiel Command Military Operational Medicine Research Program <u>Post Admission Cognitive Therapy (PACT) for the Inpatient Treatment of Military Personnel with Suicidal Behaviors: A Multi-Site Randomized Controlled Trial</u> Role: Principal Investigator Total Awarded = \$6,000,000
2010-2012	United States Navy USN Suicide Prevention Program <u>Preliminary Program Evaluation of Navy Suicide Prevention Program</u> Role: Principal Investigator Total Awarded = \$60,000
2009-2012	United States Army Medical Research and Materiel Command Military Operational Medicine Research Program <u>A Brief Intervention to Reduce Suicide Risk in Military Service Members and Veterans</u> Role: Principal Investigator Multiple PIs: Brenner, Brown, Currier, Holloway, Knox, Stanley Total Awarded = \$2,671,337
2009-2011	National Alliance for Research on Schizophrenia and Depression NARSAD Young Investigator Award <u>Inpatient Post Admission Cognitive Therapy for the Prevention of Suicide Attempts</u> Role: Principal Investigator Total Awarded = \$60,000
2008-2009	United States Marine Corps USMC Suicide Prevention Program <u>Marine Corps Frontline Supervisors Training (FST) Program Evaluation</u> Role: Principal Investigator Total Awarded = \$32,000
2008-2011	Congressionally Directed Medical Research Programs CDMRP Extramural PTSD New Investigator Award <u>Pilot Trial of Inpatient Cognitive Therapy for the Prevention of Suicide in Military Personnel with Acute Stress Disorder or Posttraumatic Stress Disorder</u> Role: Principal Investigator Total Awarded = \$457,609
2006-2011	Uniformed Services University of the Health Sciences USUHS New Faculty Startup Research Package <u>Suicide Prevention in the United States Military</u> Role: Principal Investigator Total Awarded = \$375,000

**OTHER RESEARCH SUPPORT**

---

2009-2014	U01 - National Institute of Mental Health (USA Suicide RFA-MH-09-140) <u>Modifiable Risk and Protective Factors for Suicidal Behaviors in the US Army</u> Role: Co-Investigator (PI: Robert Ursano, M.D.) Total Awarded = \$50,000,000
2009-2014	United States Army Medical Research and Materiel Command <u>Military Suicide Research Consortium</u> Role: Co-Investigator (PI: Peter Gutierrez, Ph.D. & Thomas Joiner, Ph.D.) Total Awarded = \$30,000,000
2007-2011	National Heart, Lung and Blood Institute <u>Biobehavioral Precipitating Factors in Heart Failure</u> Role: Consultant (PI: David Krantz, Ph.D.) Total Awarded = \$2,296,000
2004-2006	National Institute of Mental Health Centers for Disease Control and Prevention <u>Community Based Cognitive Therapy for Suicide Attempters</u> Role: Research Coordinator (PI: Aaron T. Beck, M.D.) Total Awarded = \$1,354,432
2004-2006	National Institute of Mental Health; National Institute of Drug Abuse <u>Cognitive Therapy for the Prevention of Suicide</u> Role: Co-Investigator (PI: Aaron T. Beck, M.D.) Total Awarded = \$2,923,287
2000-2001	National Institute of Neurological Disorders and Stroke <u>Favorable Outcome in Ischemic Stroke Survivors</u> Role: Research Coordinator (PI: Lynn Grattan, Ph.D.) Total Awarded = \$101,500

**PENDING RESEARCH SUPPORT**

---

2009-2014	National Institute of Mental Health <u>Cognitive Therapy for Suicidal Older Men</u> Role: Consultant (PI: Gregory K. Brown, Ph.D.)
2010-2013	USAMRMC Defense Medical Research and Development Program <u>Reducing Barriers to Help Seeking for Mental Health Problems</u> Role: Scientific Advisory Committee Member (PI: David Litts, O.D.)

**SCIENTIFIC ADVISORY BOARDS**

---

2010-Present	<b>Chair</b> , North Atlantic Treaty Organization (NATO) Research Task Group International Military Suicide
2010-Present	<b>Member</b> , Blue Ribbon Task Force – American Association of Suicidology Assessment of Suicide Risk in Military Personnel

- 2009-Present                    **Member**, Defense Health Board Task Force  
Prevention of Suicide by Members of the Armed Forces
- 2009-2010                    **Co-Chair**, North Atlantic Treaty Organization (NATO) Exploratory Team  
International Military Suicide

## PEER-REVIEWED PUBLICATIONS

---

Wilson, M., Sun, C., **Ghahramanlou, M.**, & Berns, M. (1998). In vitro and in vivo comparison of argon-pumped and diode lasers for photodynamic therapy using second generation photosensitizers. Lasers in Surgery and Medicine, *23*, 274-280.

Wilson, M., **Ghahramanlou, M.**, & Berns, M. (1999). Photodynamic activity of Lutetium Texaphrin in a mouse tumor system. Lasers in Surgery and Medicine, *24*, 276-284.

**Ghahramanlou, M.**, & Brodbeck, C. (2000). Predictors of secondary trauma in sexual assault counselors. International Journal of Emergency Mental Health, *2*(4), 229-240.

**Ghahramanlou-Holloway, M.**, Wenzel, A., Lou, K., & Beck, A. T. (2007). Differentiating cognitive content between depressed and anxious outpatients. Cognitive Behaviour Therapy, *36*, 170-178.

Bhar, S., **Ghahramanlou-Holloway, M.**, Brown, G., & Beck, A. T. (2008). Self-esteem and suicide ideation in psychiatric outpatients. Suicide and Life-Threatening Behavior, *38*(5), 511-516.

Nademin, E., Jobes, D. A., Pflanz, S. E., Jacoby, A. M., **Ghahramanlou-Holloway, M.**, Joiner, T., Wagner, B. M., & Johnson, L. (2008). An investigation of interpersonal-psychological variables in Air Force suicides: A controlled-comparison study. Archives of Suicide Research, *12*(4), 309-326.

Joe, S., Woolley, M. E., Brown, G., **Ghahramanlou-Holloway, M.**, & Beck, A. T. (2008). Psychometric properties of the Beck Depression Inventory-II in African-American suicide attempters. Journal of Personality Assessment, *90*(5), 521-523.

Martin, J., **Ghahramanlou-Holloway, M.**, Lou, K., & Tucciarone, P. (2009). A comparative review of U.S. military and civilian suicide behavior: Implications for OEF/OIF suicide prevention efforts. Journal of Mental Health Counseling, *31*(2), 101-118.

Tomak, S. L., Wechsler, F. S., **Ghahramanlou-Holloway, M.**, Virden, T. B., & Nademin, M. E. (2009). An empirical study of the personality characteristics of internet sex offenders. Journal of Sexual Aggression, *15*, 139-148.

Stirman, S. W., Brown, G. K., **Ghahramanlou-Holloway, M.**, Fox, A., Chohan, M., & Beck, A. T. (in press). Participation bias among suicidal adults in a randomized controlled trial. Suicide and Life-Threatening Behavior.

## MANUSCRIPTS UNDER EDITORIAL REVIEW

---

**Ghahramanlou-Holloway, M.**, Wiltsey-Stirman, S., Salsman, N., Cox, D., Martin, J., Brown, G., & Beck, A. T. (revise & resubmit). Improving patient and study therapist retention in clinical trials with suicidal patients.

**Ghahramanlou-Holloway, M.,** Cox, D., & Greene, F. (revise & resubmit). Adapting outpatient cognitive therapy for inpatient delivery following a suicide attempt.

**Ghahramanlou-Holloway, M.,** Cox, D., Fritz, E., & George, B. (revise & resubmit). A user friendly guide for behavioral health providers working with military women and veterans.

**Ghahramanlou-Holloway, M.,** Cox, D., Werbel, A., Lou, K., Kochanski, K., Szeto, E., & Greene, F. (submitted). United States Marine Corps Suicide Prevention Program, *Never Leave a Marine Behind*: Preliminary program evaluation findings.

Greene, F., Wagner, B., Cox, D., Kochanski, K., & **Ghahramanlou-Holloway, M.** (submitted). How parental reactions change in response to adolescent suicide attempt.

**Ghahramanlou-Holloway, M.,** Bhar, S., Brown, G., Cox, D., Olsen, C., & Beck, A. T. (submitted). Changes in problem solving appraisal after cognitive therapy for the prevention of suicide.

Martin, J., **Ghahramanlou-Holloway, M.,** Nademin, E., Englert, D., Jobes, D., Branlund, S., & Olsen, C. (submitted). Suicide in the United States Air Force: Marital status, life stressors, and communication of distress.

Cox, D., **Ghahramanlou-Holloway, M.,** Olsen, C., Engel, C., Wynn, G., Bradley, J., Grammer, G., & Branlund, S. (submitted). Gender differences in documented traumatic life events of inpatients admitted to a military psychiatric unit.

## BOOK CHAPTERS

---

Schaefer, C., Jacobson, H., & **Ghahramanlou, M.** (2000). Play group therapy for social skills deficit in children. In H. G. Kaduson & C. E. Schaefer (Eds.), Short-term play therapy for children. New York: Guilford Press.

Grattan, L., & **Ghahramanlou, M.** (2002). The rehabilitation of neurologically based social disturbances. In P. J. Eslinger (Ed.), Neuropsychological interventions: Clinical research and practice. New York: Guilford Press.

**Ghahramanlou-Holloway, M.,** Brown, G. K., & Beck, A. T. (2008). Suicide. In M. Whisman (Ed.), Adapting cognitive therapy for depression: Managing complexity and comorbidity. New York: Guilford Press.

## ENCYCLOPEDIA ENTRIES

---

**Ghahramanlou-Holloway, M.** (2006). Meta-Analysis. In N. J. Silkind (Ed.), Encyclopedia of Measurement And Statistics. Thousand Oaks, CA: Sage Publications.

**Ghahramanlou-Holloway, M.** (2006). Abstracts. In N. J. Silkind (Ed.), Encyclopedia of Measurement and Statistics. Thousand Oaks, CA: Sage Publications.

**Ghahramanlou-Holloway, M.** (2006). American Doctoral Dissertations. In N. J. Silkind (Ed.), Encyclopedia of Measurement and Statistics. Thousand Oaks, CA: Sage Publications.

**Ghahramanlou-Holloway, M.** (2006). Centers for Disease Control. In N. J. Silkind (Ed.), Encyclopedia of Measurement and Statistics. Thousand Oaks, CA: Sage Publications.

**Ghahramanlou-Holloway, M.** (2006). Psychological Abstracts. In N. J. Silkind (Ed.), Encyclopedia of Measurement and Statistics. Thousand Oaks, CA: Sage Publications.

Lou, K., & **Ghahramanlou-Holloway, M.** (2006). PsycINFO. In N. J. Silkind (Ed.), Encyclopedia of Measurement and Statistics. Thousand Oaks, CA: Sage Publications.

**Ghahramanlou-Holloway, M.**, & Lou, K. (2006). Beck Depression Inventory. In N. J. Silkind (Ed.), Encyclopedia of Measurement and Statistics. Thousand Oaks, CA: Sage Publications.

## BOOK REVIEWS

---

**Ghahramanlou-Holloway, M.** (2007). Book essay and review: Comprehensive handbook of personality and psychopathology: Personality and everyday functioning. Cognitive Behavioral Therapy Book Reviews, 3(10).

## MANUSCRIPTS IN PREPARATION

---

**Ghahramanlou-Holloway, M.**, Nademin, E., Martin, J., Englert, D., Jobes, D., Branlund, S., Olsen, C., & Kochanski, K. (in preparation). Predictors of helping service utilization 12-months and 30-days prior to suicide in a sample of United States Air Force personnel.

**Ghahramanlou-Holloway, M.**, Kochanski, K., Lou, K., Nademin, E., Cox, D., Sterling, G., Olsen, C., Rutstein, D., Englert, D., & Jobes, D. (in preparation). United States Air Force decedents with or without a documented history of suicide attempt behavior.

## NATIONAL AND INTERNATIONAL CONFERENCE PRESENTATIONS

---

Greene, F. N., Wagner, B. M., Cox, D. W., & **Ghahramanlou-Holloway, M.** (2010, April). Maternal reactions to adolescent suicide attempt behavior. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Orlando, FL.

Martin, J. S., Greene, F. N., Kochanski, K., Fritz, E. C., Sterling, A. G., Szeto, E. H., & **Ghahramanlou-Holloway, M.** (2010, April). Helping services utilization prior to death in a sample of United States Air Force suicide decedents. Poster presented at the annual meeting of the American Association of Suicidology, Orlando, FL.

Martin, J. S., **Ghahramanlou-Holloway, M.**, Nademin, M., Olsen, C., Branlund, S., Englert, D., & Jobes, D. (2010, April). Suicide in the United States Air Force: Relationship among marital status, life stressors and communication of distress. Paper presented at the annual meeting of the American Association of Suicidology, Orlando, FL.

Cox, D. W., **Ghahramanlou-Holloway, M.**, Rutstein, D., Greene, F. N., Kochanski, K. M., Branlund, S., Martin, J. S., Sterling, A. G., & Grammer, G. (2010, March). Types of trauma history: Differences and similarities between male and female soldiers admitted to an inpatient psychiatric unit. Poster Presented at the annual meeting of the Anxiety Disorders Association of America, Baltimore, MD.

**Ghahramanlou-Holloway, M.**, Cox, D. W., Rutstein, D., Greene, F. N., Fritz, E. C., Lou, K. E., Szeto, E. H., Wynn, G., Bradley, J., & George, B. (2010, March). Documented traumatic life events for suicide related admissions at a military hospital. Poster presented at the annual meeting of the Anxiety Disorders Association of America, Baltimore, Maryland.

**Ghahramanlou-Holloway, M., & Fritz, Elisabeth.** (2009, September). Generalizability of PTSD cognitive behavioral psychotherapy clinical trials for traumatized individuals with suicide behavior. Poster presented at the meeting of the Military Health Research Forum, Kansas City, MO.

Bhar, S., **Ghahramanlou-Holloway, M.**, Spokas, M., Wenzel, A., Brown, G., Beck, A. T., Zembroski, S., Wiltsey-Stirman, S., McCray, L., & Fox, A. (2008, November). Bringing suicide research to community settings: Recruitment and participation issues. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Branlund, S., Martin, J., George, B., Lou, K., Yeargin, M. K., & **Ghahramanlou-Holloway, M.** (2008, August). Review of suicide death investigation methodology. Poster presented at the annual meeting of the American Psychological Association, Boston, MA.

**Ghahramanlou-Holloway, M.**, Bhar, S., Brown, G., Yeargin, M. K., & Beck, A. T. (2008, August). *Problem-solving as a mechanism of change in cognitive therapy.* Poster presented at the annual meeting of the American Psychological Association, Boston, MA.

Werbel, A., Pflanz, S., **Ghahramanlou-Holloway, M.**, & Moore, M. (2008, August). Frontline supervisor training: A new half-day course for recognizing and responding to service members in distress in the U.S. Marine Corps and U.S. Air Force. Paper presented at the annual meeting of the European Symposium on Suicide and Suicidal Behaviour, Glasgow, Scotland.

Yeargin, M. K., Martin, J., Branlund, S., Lou, K., **Ghahramanlou-Holloway, M.**, & Bhar, S. (2008, August). Recommendations for primary care management of suicide behavior. Poster presented at the annual meeting of the American Psychological Association, Boston, MA.

**Ghahramanlou-Holloway, M.** (2008, June). Cognitive treatment protocol for the prevention of suicide. Paper presented at the annual meeting of the International Congress of Psychotherapy, Rome, Italy.

Yeargin, M. K., & **Ghahramanlou-Holloway, M.** (2008, June). Treatment of individuals with suicide behavior and substance disorders. Poster presented at the annual meeting of the International Congress of Psychotherapy, Rome, Italy.

Bhar, S. S., **Ghahramanlou-Holloway, M.**, Brown, G., & Beck, A. T. (2007, November). Self-esteem and suicide ideation: Beyond depression and hopelessness. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Martin, J., & **Ghahramanlou-Holloway, M.** (2007, May). Military suicide: Rates, risk, and resilience. Poster presented at the annual research day, Uniformed Services University, Bethesda, MD.

Martin, J., & **Ghahramanlou-Holloway, M.** (2007, March). Military suicide: Rates, risk, and resilience. Poster presented at the annual meeting of the Eastern Psychological Association, Philadelphia, PA.

Franz, V., & **Ghahramanlou-Holloway, M.** (2007, February). A review of fatal and nonfatal suicide behavior in the military. Poster presented at the World Congress on Stress, Trauma, & Coping, International Critical Stress Foundation, Baltimore, MD.

**Ghahramanlou-Holloway, M.** Cognitive therapy of suicide attempters. (2005, November). In G. Brown (Chair), Intervention strategies for suicide ideators and attempters. Clinical roundtable presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.



**Ghahramanlou-Holloway, M.,** Lou, K., Wenzel, A., & Beck, A. T. (2005, November). Differentiating cognitive content between depressed and anxious patients. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.

**Ghahramanlou-Holloway, M.,** & Brown, G. K. (2005, September). Cognitive therapy protocol procedures for the treatment of adult suicide attempters. Workshop presented at Mercy Hospital, Philadelphia, PA.

**Ghahramanlou-Holloway, M.** Current status and treatment of women in Iran. (2005, August). In M. Gibbs (Chair), Ethnicity and treatment of women: Stereotypes and reality. Symposium presented at the annual meeting of the American Psychological Association, Washington, DC.

**Ghahramanlou-Holloway, M.,** Hsu, L., Lachenmeyer, J., Gibbs, M., & Reddy, L. (2005, August). Cognitive behavioral treatment efficacy for anxiety disorders: A meta-analytic review. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

Brodbeck, C., **Ghahramanlou, M.** (2003, November). Previous experiences with discrimination as a factor in post 9/11 risk estimates, behavioral avoidance, and health status. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

Grattan, L., Kabitsi, N., **Ghahramanlou, M.,** Vaughan, C., Wozniak, M., Kittner, S., Price, T. (2002, February). The influence of coping strategy upon depression and personality adjustment after ischemic stroke. Poster presented at the annual meeting of the American Heart Association International Stroke Conference, San Antonio, TX.

**Ghahramanlou, M.,** Brodbeck, C., Hulbert, D. G., Johnson, S., & Soffer, S. (2001, November). Involvement of the spouse in the treatment of anxiety disorder patients. In D. G. Hulbert (Chair), For better or for worse: Enhancing treatment outcome through spousal involvement. Symposium conducted at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

Grattan, L., **Ghahramanlou, M.,** Aronoff, J., Wozniak, M., Kittner, S., Price, T. (2001, February). An empirical study of personality change after stroke. Paper presented at the annual meeting of the American Heart Association International Stroke Conference, Fort Lauderdale, FL.

**Ghahramanlou, M.,** Gibbs, M., Maurer, K., & Ferraro, L. (2000, August). Trauma and psychological functioning in severe mental illness. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

**Ghahramanlou, M.** (2000, March). Assessment and treatment of anxiety disorders in the elderly. Paper presented at the annual meeting of the Anxiety Disorders Association of America, Washington, DC.

Gibbs, M., Maurer, K., **Ghahramanlou, M.,** & Marvin, S. (2000, March). Trauma and the personal solving system (PPSS) in severe mental illness. Paper presented at the annual meeting of the Society of Personality Assessment, Arlington, VA.

**Ghahramanlou, M.,** Humke, C., Lachenmeyer, J., Uccello, R., Beckstein, C., DiGiacopo, *et al.* (1999, November). Gender differences in anxiety profiles of panic and generalized anxiety outpatients. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Toronto, Canada.

Bleier, D., Atar, H., **Ghahramanlou, M.,** Uccello, R., Beckstein, C., & Lachenmeyer, J. (1999, May). Anxiety disorders and the 5 factor model of personality. Poster presented at the annual meeting of the American Psychiatric Association, Washington, DC.

**Ghahramanlou, M.**, Beckstein, C., Uccello, R., DiGiacopo, S., Spinowitz, F., & Lachenmeyer, J. (1999, May). Somatization in a sample of panic and obsessive-compulsive disorder outpatients. Poster presented at the annual meeting of the American Psychiatric Association, Washington, DC.

Atar-Greenfield, H., Bleier, D., Beckstein, C., DiGiacopo, S., & **Ghahramanlou, M.** (1999, April). A correlation between the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) and the Global Assessment of Functioning (GAF). Poster presented at the annual meeting of the Eastern Psychological Association, Providence, R.I.

Beckstein, C., DiGiacopo, S., Lachenmeyer, J., Uccello, R., **Ghahramanlou, M.**, & Spinowitz, F. (1999, April). Important issues in the cognitive behavioral group treatment of panic disorder. Poster presented at the annual meeting of the American Orthopsychiatric Association, Arlington, VA.

DiGiacopo, S., Beckstein, C., Uccello, R., & **Ghahramanlou, M.** (1999, April). Clinical issues in the group treatment of panic disorder. Poster presented at the annual meeting of the Eastern Psychological Association, Providence, R.I.

**Ghahramanlou, M.**, Lachenmeyer, J., Humke, C., Uccello, R., Beckstein, C., DiGiacopo, S., & Spinowitz, F. (1999, April). Marital functioning in patients with bulimia nervosa. Poster presented at the annual meeting of the American Orthopsychiatric Association, Arlington, VA.

**Ghahramanlou, M.**, & Humke, C. (1999, April). Effects of OCD on familial and marital functioning. Poster presented at the annual meeting of the American Orthopsychiatric Association, Arlington, VA.

Humke, C., **Ghahramanlou, M.**, & Lachenmeyer, J. (1999, April). Adjustment issues facing partners of breast cancer patients. Poster presented at the annual meeting of the American Orthopsychiatric Association, Arlington, VA.

Humke, C., & **Ghahramanlou, M.**, & Lachenmeyer, J. (1999, April). Cognitive behavioral group treatment of breast cancer patients. Poster presented at the annual meeting of the American Orthopsychiatric Association, Arlington, VA.

**Ghahramanlou, M.** (1999, March). Obsessive compulsive disorder and comorbid bulimia nervosa. Paper presented at the annual meeting of the Anxiety Disorders Association of America, San Diego, CA.

**Ghahramanlou, M.**, Lachenmeyer, J., & Humke, C. (1999, March). The treatment of anxiety in the families of adult cancer patients. Paper presented at the annual meeting of the Association of Anxiety Disorders of America, San Diego, CA.

Beckstein, C., **Ghahramanlou, M.**, Lachenmeyer, J., DiGiacopo, S., Uccello, R., & Shack, A. (1998, November). Level of functioning in adults with obsessive compulsive disorders. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

**Ghahramanlou, M.**, & Brodbeck, C. (1998, November). Predictors of secondary trauma in sexual assault counselors. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

**Ghahramanlou, M.**, Uccello, R., & Lachenmeyer, J. (1998, November). Behavioral treatment of body dysmorphic disorder. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

Beckstein, C., **Ghahramanlou, M.**, Lachenmeyer, J., DiGiacopo, S., Uccello, R., & Shack, A. (1998, May). Assessment of obsessive compulsive disorders. Poster presented at the annual meeting of the American Psychiatric Association, Toronto, Canada.

**Ghahramanlou, M.**, Beckstein, C., Lachenmeyer, J., Uccello, R., & Shack, A. (1998, May). Self-reported levels of distress in a sample of obsessive compulsive disorder outpatients. Poster presented at the annual meeting of the American Psychiatric Association, Toronto, Canada.

**Ghahramanlou, M.**, Lachenmeyer, J., Shack, A., Uccello, R., & Humke, C. (1998, March). Involvement of the spouse in treatment of adult obsessive-compulsive disorder. Paper presented at the annual meeting of the Anxiety Disorders Association of America, Boston, MA.

**Ghahramanlou, M.**, Lachenmeyer, J., Uccello, R., & Shack, A. (1998, March). Comorbid medical conditions in panic disorder patients. Poster presented at the annual meeting of the American Orthopsychiatric Association Meeting, Washington, DC.

**Ghahramanlou, M.**, Lachenmeyer, J., Uccello, R., & Shack, A. (1998, March). Clinical issues in the treatment of borderline patients with OCD. Poster presented at the annual meeting of the American Orthopsychiatric Association Meeting, Washington, DC.

**Ghahramanlou, M.**, & Brodbeck, C. (1996, March). Vicarious trauma in sexual assault counselors. Poster presented at the annual meeting of the Western Psychological Association, San Francisco, CA.

## **INVITED PROFESSIONAL PRESENTATIONS AND COLLOQUIA**

---

**Ghahramanlou-Holloway, M.**, & Bradley, J. (2010, August). Suicide risk assessment and management in acute care settings. Invited presentation to Medical Residents at the Department of Psychiatry, Walter Reed Army Medical Center, Washington, DC.

Brenner, L., Gallagher, M., **Ghahramanlou-Holloway, M.**, Scott, C., & Werbel, A. (2010, April). Suicide loss and the military. Invited presentation\* in symposium moderated by Franklin Cook at the annual meeting of the American Association of Suicidology, Orlando, FL.

**Ghahramanlou-Holloway, M.** (2010, April). Post admission cognitive therapy (PACT). Invited presentation at the Department of Defense Suicide Prevention Research Program Working Group, Frederick, MD.

**Ghahramanlou-Holloway, M.**, Brown, G. (2010, April). A brief intervention to reduce suicide risk in military service members and veterans. Invited presentation at the Department of Defense Suicide Prevention Research Program Working Group, Frederick, MD.

**Ghahramanlou-Holloway, M.** (2010, January). Inpatient cognitive behavioral approach for the treatment of suicide attempt behavior in military service members and families. Invited presentation at the Defense Centers of Excellence sponsored annual meeting of the DoD/VA Suicide Prevention Conference, Washington DC.

**Ghahramanlou-Holloway, M.** (2009, December). Cognitive therapy for adult suicide attempters. Invited lecture provided for Suicide as a Public Health Problem course offered at the Johns Hopkins School of Public Health, Department of Mental Health, Baltimore, MD.

---

\* Written presentation was provided due to unexpected absence.

**Ghahramanlou-Holloway, M.** (2009, November). In search of evidence for best practices in suicide prevention. Invited presentation at the Medical and Clinical Psychology Colloquium Series at Uniformed Services University, Washington, DC.

**Ghahramanlou-Holloway, M.** (2009, October). Inpatient post admission cognitive therapy (PACT) for the prevention of suicide attempts. Selected as 1 of 6 grant recipients to give an invited presentation at the National Alliance for Research on Schizophrenia and Depression (NARSAD) 21<sup>st</sup> Annual New York City Mental Health Research Symposium, New York, NY.

**Ghahramanlou-Holloway, M.** (2009, September). Generalizability of PTSD cognitive behavioral psychotherapy clinical trials for traumatized individuals with suicide behavior. Invited presentation at the Military Health Research Forum, Kansas City, MO.

**Ghahramanlou-Holloway, M.** (2009, June). Suicide investigation, assessment, and mitigation. Invited presentation at the Walter Reed Army Medical Center, Forensic Psychology Service, Washington, DC.

**Ghahramanlou-Holloway, M.** (2009, March). Cognitive behavioral assessment and treatment of suicide behavior. Invited ½ day training workshop for military healthcare providers offered at the Center for Deployment Psychology, Bethesda, MD.

**Ghahramanlou-Holloway, M.** (2009, February). Primary care based cognitive behavior therapy for PTSD and suicide ideation. Invited presentation at the Suicide Strategic Meeting organized by Dr. Marsha Linehan, University of Washington, Seattle, WA.

**Ghahramanlou-Holloway, M.** (2009, January). Cognitive behavioral assessment and treatment of suicide behavior. Invited ½ day training workshop for military healthcare providers offered at the Center for Deployment Psychology, Bethesda, MD.

**Ghahramanlou-Holloway, M.** (2009, January). Programmatic research in military suicide prevention. Invited presentation at the Defense Centers of Excellence sponsored DoD/VA Suicide Prevention Conference, San Antonio, TX.

**Ghahramanlou-Holloway, M.** (2008, December). Cognitive behavior therapy for the prevention of suicide. Invited web interview & lecture presented for Suicide as a Public Health Problem course offered at the Johns Hopkins School of Public Health, Department of Mental Health, Baltimore, MD.

**Ghahramanlou-Holloway, M.** (2008, December). Cognitive behavior therapy after attempted suicide: Possible mechanisms of change. Invited presentation at the Medical and Clinical Psychology Colloquium Series at Uniformed Services University, Washington, DC.

**Ghahramanlou-Holloway, M.** (2008, October). Recommendations for the Marine Corps suicide prevention program. Invited as 1 of 2 suicide prevention experts to provide policy recommendations to the Marine Corps leadership at the Executive Safety Board Meeting, Quantico, VA.

**Ghahramanlou-Holloway, M.** (2008, October). Cognitive behavioral assessment and treatment of suicide behavior. Invited ½ day training workshop for military healthcare providers offered at the Center for Deployment Psychology, Bethesda, MD.

**Ghahramanlou-Holloway, M.** (2008, July). Cognitive behavioral assessment and treatment of suicide behavior. Invited ½ day training workshop for military healthcare providers offered at the Center for Deployment Psychology, Bethesda, MD.

**Ghahramanlou-Holloway, M.** (2008, April). Building a program of research in military suicide prevention. Invited presentation at the annual meeting of the Military Suicide Prevention Conference, San Diego, CA.

**Ghahramanlou-Holloway, M.** (2008, March). Cognitive behavior therapy for the prevention of suicide. Invited lecture presented for Suicide as a Public Health Problem course offered at the Johns Hopkins School of Public Health, Department of Mental Health, Baltimore, MD.

Kaminsky, S., Beutler, A., **Ghahramanlou-Holloway, M.**, Stephens, M. & Tanofsky-Kraff, M. (2008, February – March). Tricks of the trade: A short course in grant writing for clinicians. Invited presenter at the Faculty Development workshop presented at the Uniformed Services University of the Health Sciences, Bethesda, MD.

**Ghahramanlou-Holloway, M.** (2008, January). Prevention of suicide in the United States military. Invited presentation at the Clinical Psychology Colloquium Series at American University, Washington, DC.

**Ghahramanlou-Holloway, M.** (2008, January). Post admission cognitive therapy (PACT) for the prevention of suicide. Invited presentation at the Medical and Clinical Psychology Colloquium Series at Uniformed Services University, Washington, DC.

**Ghahramanlou-Holloway, M.**, Brown, G., Bhar, S., & Beck, A. T. (2007, December). Cognitive therapy for the prevention of suicide. Invited 2-day training workshop presented to Veterans Administration Suicide Prevention Coordinators at the University of Pennsylvania, Philadelphia, PA.

**Ghahramanlou-Holloway, M.** (2007, March). Cognitive therapy for suicide attempters. Invited presentation at the Department of Defense Military Suicide Prevention Conference, Hollywood, FL.

**Ghahramanlou-Holloway, M.** (2007, February). Cognitive therapy for adult suicide attempters. Invited lecture presented for Suicide as a Public Health Problem course offered at the Johns Hopkins School of Public Health, Department of Mental Health, Baltimore, MD.

**Ghahramanlou-Holloway, M.** (2007, January). Building a program of research in suicide prevention. Invited presentation at the Medical and Clinical Psychology Colloquium Series at Uniformed Services University, Washington, DC.

**Ghahramanlou-Holloway, M.** (2006, October). Adaptation of cognitive therapy for inpatient treatment of suicidal military personnel. Invited presentation at the Suicide Strategic Planning Meeting organized by Dr. Marsha Linehan, University of Washington, Seattle, WA.

**Ghahramanlou-Holloway, M.** (2005, December). Psychotherapy outcome research. Invited presentation at the Medical and Clinical Psychology Colloquium Series at Uniformed Services University, Washington, DC.

**Ghahramanlou-Holloway, M.** (2005, December). Case presentation: Cognitive therapy for an adult suicide attempter. Invited case presentation at the Medical and Clinical Psychology Colloquium Series at Uniformed Services University, Washington, DC.

**Ghahramanlou-Holloway, M.** (2005, April). Community based cognitive therapy for suicide attempters. Training workshop presented at the University of Pennsylvania, Department of Psychiatry, PA for COMHAR, Inc. community mental health personnel.

**Ghahramanlou-Holloway, M., & Brown, G. K.** (2004, October). Cognitive therapy protocol for the treatment of suicide attempters. Training workshop presented at the Hall Mercer Community Mental Health Center, Philadelphia, PA.

**Ghahramanlou, M.** (2001, September). September 11<sup>th</sup>. Invited discussant at the Faculty Forum, Community College of Baltimore County, MD.

**Ghahramanlou, M.** (2001, February). Addiction and familial functioning. Training provided at the Springfield Hospital Center Mentally Ill Substance Abuse (MISA) Psychoeducation Program, Sykesville, MD.

**Ghahramanlou, M.** (2000, October). The impact of addictive behaviors on interpersonal relationships. Training provided at the Springfield Hospital Center Mentally Ill Substance Abuse (MISA) Psychoeducation Program, Sykesville, MD.

**Ghahramanlou, M.** (2000, June). A historical account of psychosurgery. Invited presentation at the Department of Neuropsychology, University of Maryland Medical System, Baltimore, MD.

**Ghahramanlou, M.** (1994, 1995, 1996, November). Cross-cultural issues in rape crisis counseling. Invited presentation at the annual training of the Sexual Assault Victim Services Program, Irvine, CA.

## RESEARCH EXPERIENCE

---

- 2006-Present     **Principal Investigator, Suicide Behavior and Prevention Laboratory**  
*Uniformed Services University of Health Sciences, Dept of Medical & Clinical Psychology, Bethesda, MD*  
 Duties: Conduct programmatic research in the following areas: a) risk/protective factors for suicide and suicide-related behaviors in US military personnel; b) development of inpatient cognitive behavior therapy and safety planning for the treatment of suicide-related behaviors; c) randomized controlled psychotherapy trials for the prevention of suicide and suicide-related behaviors; d) program evaluation of military suicide prevention programs; and e) family response and functioning post suicide attempt behavior.
- 2005-2006        **Research Associate**  
*University of Pennsylvania, Department of Psychiatry, Philadelphia, PA*  
 Duties: Co-investigator of NIMH/CDC/NIDA funded (P20) developing center on interventions for the prevention of suicide. Project director for an NIMH/CDC funded randomized controlled trial (R01) of cognitive therapy for suicide attempters. Handled daily study operations; provided crisis management; recruited community mental health centers and emergency departments as collaborators; trained & supervised study therapists; supervised study personnel including postdoctoral fellows; prepared grant progress reports, IRB submissions, scholarly manuscripts, and procedural manuals.  
 Supervisors: Aaron T. Beck, M.D., University Professor of Psychiatry  
                   Gregory K. Brown, Ph.D., Research Associate Professor
- 2004-2005        **Postdoctoral Research Fellow**  
*University of Pennsylvania, Department of Psychiatry, Philadelphia, PA*  
 Duties: Conducted research on mood and anxiety disorders at the Psychopathology Research Unit. Project director for an NIMH/CDC funded randomized controlled trial (R01) examining the efficacy and effectiveness of community-based cognitive therapy for adult suicide attempters.  
 Supervisor: Aaron T. Beck, M.D., University Professor of Psychiatry

- 1999-2000      **Research Coordinator**  
*University of Maryland Medical System, Department of Neurology, Baltimore, MD*  
 Duties: Project director for NIH funded research on favorable outcomes in stroke patients. Recruited participants, planned budget, managed regulatory documents, conducted neuropsychological testing and phone follow-up interviews with patients and families, created study database, and carried out SPSS analyses.  
 Supervisor: Lynn Grattan, Ph.D., Director of Neuropsychology Department
- 1996-1999      **Research Extern**  
*North Shore University Hospital-Cornell University Medical College, Department of Psychiatry, Manhasset, NY*  
 Duties: Planned research studies on anxiety disorders; collected and analyzed outcome data using ACCESS, EXCEL & SYSTAT; and presented findings at national conferences.  
 Supervisor: Juliana Lachenmeyer, Ph.D., Program Director
- 1996-1999      **Research Assistant**  
*Fairleigh Dickinson University, Department of Psychology, Teaneck, NJ*  
 Duties: Planned research projects on schizophrenia, trauma, and environmental stress.  
 Supervisor: Margaret Gibbs, Ph.D., Director of Clinical Training
- 1993-1996      **Research Assistant – Laboratory Technician**  
*Beckman Laser Institute and Medical Clinic, Irvine, CA*  
 Duties: Conducted cell, tissue, and animal experiments for a variety of federally and privately funded investigations examining the efficacy of photodynamic therapy for the treatment of malignant tumors and port-wine stains (disfiguring congenital birthmarks).  
 Supervisors: Marie Wilson, M.S. and Chung-Ho Sun, Ph.D., Research Analysts  
 Stuart Nelson, M.D., Ph.D., Associate Director

## CLINICAL EXPERIENCE

---

- 2003-Present      **Outpatient Therapist – Private Clinical Practice**  
*Columbia (2003-2006) & Chevy Chase (2006-Present), MD*  
 Duties: Maintain a weekly caseload of 10-12 patients.
- 2004-2006      **Outpatient Therapist**  
*University of Pennsylvania, Center for Cognitive Therapy, Philadelphia, PA*  
 Duties: Provided cognitive therapy to individuals with various psychiatric diagnoses.  
 Supervisor: Cory F. Newman, Ph.D., Director, Center for Cognitive Therapy
- 2000-2002      **Psychology Associate**  
*Saint Luke Institute, Silver Spring, MD*  
 Duties: Provided assessment and psychotherapy to Catholic clergy with the primary diagnoses of sexual and/or substance-related disorders.  
 Supervisor: Lisa Drexler, Ph.D., Director of Outpatient Services
- 2000-2001      **Psychology Intern – Rotation Placement**  
*Medical Services for the Circuit Court of Baltimore City, Baltimore, MD*  
 Duties: Prepared forensic evaluations for the Circuit Court - Custody/Visitation, Pre-Trial, Pre-Sentence, Competency & Responsibility, Waiver/Transfer of Jurisdiction.  
 Supervisor: Larry Heller, Ph.D., Forensic Psychologist

- 2000-2001 **Psychology Intern**  
*Springfield Hospital Center, Sykesville, MD (APA-Approved)*  
 Conducted psychological and forensic assessments; prepared written integrative reports; provided crisis management, individual and group therapy to psychiatric inpatients.  
 Supervisors: Carla Clavelle, Ph.D., Staff Psychologist; Barbara Medine Deluty, Ph.D., Director of Addictions Services; Robert Katz, Ph.D., Acting Director of Intern Training; Francoise Reynolds, Ph.D., Director of Intern Training
- 1999-2000 **Psychologist**  
*Maryland General Hospital, Bryn Mawr Rehabilitation Center, Baltimore, MD*  
 Duties: Conducted psychological testing for outpatient children and adolescents.  
 Supervisor: Miguel Rodriguez, Ph.D., Director of Psychology
- 1999-2000 **Psychology Associate**  
*NeuroBehavioral Consultants, Columbia, MD*  
 Duties: Conducted neuropsychological testing for children, adolescents, and adults.  
 Supervisors: Vince Cullota, Ph.D. and Tom Baumgardner, Ph.D., Co-Directors
- 1999-2000 **Neuropsychology Technician**  
*Clinical & Forensic NeuroScience, Baltimore, MD*  
 Duties: Conducted neuropsychological testing for forensic purposes.  
 Supervisor: Sue Antell, Ph.D., ABPN, FACPN
- 1998-1999 **Testing Technician**  
*Long Island Neuropsychological Consultants, Great Neck, NY*  
 Duties: Conducted neuropsychological testing for children, adolescents, and adults.  
 Supervisors: Stuart Rothman, Ph.D. and Herman Davidovitz, Ph.D., Co-Directors
- 1997-1999 **Psychology Extern – Therapist**  
*Anxiety and Stress Treatment Program at North Shore University Hospital-Cornell University Medical College, Department of Psychiatry, Manhasset, NY*  
 Duties: Provided individual and group cognitive-behavioral assessment and treatment for children, adolescent, and adult outpatients. Supervised junior therapists, provided consultation for non-responsive OCD cases, and conducted home-based exposure therapy for severe agoraphobic and OCD patients.  
 Supervisor: Juliana Lachenmeyer, Ph.D., Program Director
- 1997-1998 **Social Skills Group Coordinator**  
*Fairleigh Dickinson University, Center for Psychological Services, Hackensack, NJ*  
 Duties: Organized and co-led social skills groups for children and adolescents with developmental, attentional, and behavioral difficulties. Provided psychoeducation groups for parents. Trained and supervised group therapy leaders.  
 Supervisor: Charles Schaefer, Ph.D., Director
- 1996-1999 **Psychology Extern - Therapist**  
*Fairleigh Dickinson University, Center for Psychological Services, Hackensack, NJ*  
 Duties: Conducted psychological, forensic, and neuropsychological evaluations. Provided short- and long-term psychodynamic and cognitive-behavioral interventions for children, adolescents, adults, groups, couples, families, and court-mandated cases.  
 Supervisors: Andrew Eisen, Ph.D., David Pogge, Ph.D., Neil Massoth, Ph.D., Juliana Lachenmeyer, Ph.D., Judith Kaufman, Ph.D., Robert McGrath, Ph.D., Neal Litinger, Ph.D., Charles Schaefer, Ph.D., Maria Gonzalez, Ph.D.



## TEACHING EXPERIENCE

---

### 2006-Present **Assistant Professor – Tenure Track**

*Uniformed Services University of Health Sciences, Dept of Medical & Clinical Psychology, Bethesda, MD*

Duties: Faculty appointment within three doctoral tracks: a) Clinical Psychology, Military Psychology (APA-Approved); b) Clinical Psychology and Medical Psychology (APA-Approved); and c) Medical Psychology. Teach graduate and medical students. Provide mentorship to six doctoral students and four postdoctoral fellows. Function as the Psychology Internship Coordinator. Serve on student thesis and dissertation committees.

#### ♦ **Graduate Courses**

Cognitive Behavior Therapy; Clinical Skills I and II; Case Conference; Seminar

#### ♦ **Other Teaching Activities**

Lecture on Mood Disorders – Adult Psychopathology Course

Lecture on Professional Burnout & Suicide – Medical Psychology Course

Lecture on Suicide Risk Assessment & Management – Medical Psychology Course

Lecture on Psychological Assessment – Medical Psychology Course

Lecture on Suicide in the Medically Ill – Health Psychology Course

Lecture on History of the Treatment of the Mentally Ill – History & Systems Course

### 2006-Present **Guest Lecturer**

*Johns Hopkins University - Bloomberg School of Public Health*

Duties: Provide live and online lectures on cognitive therapy for the treatment of suicide-related behaviors for the course, “Suicide as a Public Health Problem”.

### 2005-2006 **Adjunct Lecturer**

*University of Pennsylvania, Department of Psychology, Philadelphia, PA*

Duties: Taught abnormal psychology with an average enrollment of 225 students.

Supervisor: Robert DeRubeis, Ph.D., Associate Dean for the Social Sciences

### 2004-2005 **Adjunct Assistant Professor of Psychology**

*Community College of Baltimore County, Catonsville, MD*

Duties: Taught face-to-face & online undergraduate courses in psychology.

Supervisor: Avon Garrett, Ph.D., Dean, Business, Wellness, & Social Sciences Division

### 2001-2004 **Assistant Professor of Psychology**

*Community College of Baltimore County, Catonsville, MD*

Duties: Taught undergraduate psychology courses (5 per semester, class sizes ranging from 25-40 students), served on college committees, and maintained faculty online presence.

Supervisor: Avon Garrett, Ph.D., Dean, Business, Wellness, & Social Sciences Division

#### ♦ **Undergraduate Courses**

Abnormal Psychology; Human Relations - Culturally Diverse Society; Introduction to Psychology; Psychology of Adjustment; Personality Theories

#### ♦ **Web Courses**

Abnormal Psychology; Human Relations; Introduction to Psychology; Personality Theories

- 1997-1999      **Adjunct Professor**  
*Fairleigh Dickinson University, Department of Psychology, Teaneck, NJ*  
 Duties: Taught undergraduate psychology courses (1-2 courses per semester, class sizes ranging in 30-50 students).  
 Supervisor: Chris Capuano, Ph.D., Department Chair
- ♦    **Undergraduate Courses**  
 General Psychology I & II (Introduction to Psychology); Freshman Seminar; Psychology of Love/Interpersonal Relationships; Theories of Personality
- 1996-1999      **Learning Center Tutor**  
*Fairleigh Dickinson University, Learning Center, Teaneck, NJ*  
 Duties: Tutored undergraduate and graduate students in psychology, mathematics, statistics (SPSS & SYSTAT), and writing. Provided group workshops for English as a Second Language students.  
 Supervisor: Sue Demay, M.A., Program Director
- 1995-1996      **Graduate Teaching Assistant**  
*Chapman University, Department of Psychology, Orange, CA*  
 Duties: Assisted undergraduates by providing lecture materials, study skills, and test-taking strategies; graded papers and exams.  
 Supervisor: Carolyn Brodbeck, Ph.D., Assistant Professor
- ♦    **Undergraduate Courses**  
 Introduction to Psychology; Cross-Cultural Psychology

## **POSTDOCTORAL FELLOWS SUPERVISED**

---

- |              |                           |
|--------------|---------------------------|
| 2010-Present | Rachael Lunt, Ph.D.       |
| 2010-Present | Christina Schendel, Ph.D. |
| 2009-Present | Daniel Cox, Ph.D.         |
| 2009-Present | Farrah Greene, Ph.D.      |

## **DOCTORAL STUDENTS SUPERVISED**

---

- |              |   |
|--------------|---|
| 2008-Present | Capt Shannon Branlund, USAF             |
| 2006-Present | 1 <sup>st</sup> LT Jeffery Martin, USAF |
| 2008-Present | 1 <sup>st</sup> LT Brianne George, USAF |
| 2009-Present | LTJG Kristen Kochanski, USN             |
| 2009-Present | ENS Graham Sterling, USN                |
| 2010-Present | Jennifer Bakalar                        |

## **THESES & DISSERTATIONS – CHAIRED**

---

Cofell, L. (in progress). The association between interpersonal relationships and the mental and physical health of postpartum active duty military women. (USUHS Doctoral Dissertation, Clinical Psychology)

George, B. (in progress). Predictors of suicide ideation and attempt behavior in a sample of inpatient military service members. (USUHS Master's Thesis, Clinical Psychology)

Martin, J. (2009). Examination of United States Air Force suicide death investigation files. (USUHS Master's Thesis, Clinical Psychology)

## **DISSERTATIONS –ADVISED**

---

Martin, J. (in progress). A cluster analysis typology of suicide in the United States Air Force. (USUHS Doctoral Dissertation, Clinical Psychology)

Branlund, S. (in progress). Deployment-related correlates of suicide behavior in the United States military. (USUHS Doctoral Dissertation, Clinical Psychology)

## **MASTERS & DISSERTATION - COMMITTEE MEMBER**

---

Clark, R. (in progress). The role of sexual self-schemas and culture in the sexual problems of menopausal women. (USUHS Doctoral Dissertation, Medical & Clinical Psychology)

Todd, B. (2010). “Which is it fatigue or depressive symptoms? Factors related to cognitive function in occupationally active breast cancer survivors.” (USUHS Master's Thesis, Medical & Clinical Psychology)

Harrington, C. (2009). Workstyle, ergonomic, and cortisol response to work demands during computer work: Implications for work-related upper extremity symptoms. (USUHS Doctoral Dissertation, Medical Psychology)

Calvio, L. (2009). Measurement of cognitive limitations and their relation to work function in breast cancer survivors. (USUHS Doctoral Dissertation, Clinical Psychology)

Rogers, H. (2008). Social support, acute coronary syndromes, and heart failure: The role of inflammatory processes. (USUHS Doctoral Dissertation, Medical Psychology)

Branlund, S. (2008). Cortisol responses to perceived stress in depressed individuals and healthy controls. (USUHS Master's Thesis, Clinical Psychology)

## **EDUCATIONAL GRANTS**

---

**Ghahramanlou, M.** Supplemental lecture notes manual and accompanying CD for Introduction to Psychology and Abnormal Psychology. Faculty Learning and Student Development Grant, Community College of Baltimore County, 2003-2004, \$1000.

**Ghahramanlou, M.** Psychology PowerPoint presentations for Introduction to Psychology. Faculty Learning and Student Development Grant, Community College of Baltimore County, 2002-2003, \$1500.

## **BIOGRAPHICAL LISTING**

---

2009-2010 Edition of Who's Who for Executives and Professionals

## **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

---

Academy of Cognitive Therapy  
 American Association of Suicidology  
 American Psychological Association  
 Anxiety Disorders Association of America  
 Association for Behavioral and Cognitive Therapies  
 Eastern Psychological Association  
 Maryland Psychological Association

## **EDITORIAL ACTIVITIES**

---

### Ad Hoc Reviewer

- ◆ American Association of Suicidology – Annual Conference Abstracts (2008-2009)
- ◆ American Journal of Cardiology
- ◆ Cognitive Behavioral Therapy Book Reviews
- ◆ City University of New York Collaborative Incentive Research Grant Program (2009)
- ◆ McGraw-Hill
- ◆ Psychosomatic Medicine
- ◆ U.S. Army Center for Health Promotion and Preventive Medicine – Scientific Reviewer
- ◆ VA/DoD Clinical Practice Guidelines
  - ✓ Bipolar Disorder
  - ✓ Annotation for Primary Care Management Algorithm
- ◆ Wiley Publishing
- ◆ Worth Publishers

## **LICENSES, CERTIFICATIONS, & PRIVILEGES**

---

Licensed Psychologist, State of Maryland (License #04126)	2004 – Present
Certified Cognitive Therapist, Academy of Cognitive Therapy	2004 – Present
Credentialed Provider, Walter Reed Army Medical Center	2007 – Present

## **LANGUAGES**

---

Proficient in Farsi (Persian)

## **PROMOTION & TENURE REVIEW**

---

External Reviewer for Candidate at John Jay College of Criminal Justice, 2006-2007

## **SERVICE - PROFESSIONAL, UNIVERSITY, & COMMUNITY**

---

2010	U.S. Army Suicide Reduction and Prevention Research Strategic Planning Work Group Member
2009-2010	RAND Corporation – Interviewed in 2009 and in 2010 DoD Subject Matter Expert in Suicide Prevention
2009-Present	Defense Health Board Task Force on Prevention of Suicide in the Armed Forces Member

- 2009-Present North Atlantic Treaty Organization (NATO), Suicide in the Military  
Co-Chair
- 2008-Present Department of Defense – Suicide Prevention and Risk Reduction Committee (SPARRC)  
Member, Subcommittees: 2<sup>nd</sup> Opinion/Consultation Work Group; Suicide Nomenclature  
Work Group; Suicide Prevention Training Work Group
- 2007-Present American Association of Suicidology  
Chair, Institutional Review Board Task Force  
Member, Kalafat Scholarship
- 2007-2009 University of Pennsylvania – Department of Veterans Affairs Training Collaboration  
Clinical Supervisor, Cognitive Therapy Suicide Prevention Protocol
- 2006-Present Uniformed Services University of the Health Sciences, Bethesda, MD  
Full Member, Institutional Review Board Committee  
Member, Graduate Education Committee (2009-2010)
- 2006-Present Uniformed Services University of the Health Sciences, Bethesda, MD  
Department of Medical & Clinical Psychology  
Student Evaluation Committee; Faculty Search Committee; APPIC Internship  
Coordinator; Curriculum Committee; Consultant for Scientific Protocols Involving Suicide  
Risk Management; Department WebPage Editor
- 2006-2007 National Naval Medical Center, Psychiatry Residency Program, Bethesda, MD  
Clinical Supervisor
- 2004-Present Clinical Psychology Peer Consultation Support Group, Columbia & Baltimore, MD  
Member
- 2001-2004 Community College of Baltimore County, Catonsville, MD  
Faculty Volunteer, Service Learning Institute  
Member, General Education Assessment Team  
Psychology Club Advisor, Department of Psychology  
Faculty Search Committee Member, Business & Social Sciences Division  
Consultant, Understanding Islamic Cultures, National Association of Foreign Affairs Grant
- 2001-2002 Catonsville High School, Catonsville, MD  
Volunteer Mock Interviewer
- 2000-2001 Springfield Hospital Center, Co-Occurring Disorders Program, Sykesville, MD  
Data Analyst & Consultant
- 1997-1999 Fairleigh Dickinson University, Department of Psychology, Teaneck, NJ  
Member, Admissions Committee
- 1993-1996 Community Services Program Victim Services and Prevention, Irvine, CA  
Volunteer - Certified Sexual Assault Counselor

**REFERENCES**

---

***Aaron T. Beck, M.D.***

*University Professor of Psychiatry*  
Department of Psychiatry  
University of Pennsylvania  
3535 Market Street, Room 2032  
Philadelphia, PA 19104  
215-898-4102  
[abeck@mail.med.upenn.edu](mailto:abeck@mail.med.upenn.edu)

***Margaret Gibbs, Ph.D.***

*Professor, Psychology – Director of Training*  
Fairleigh Dickinson University  
1000 River Road  
Teaneck, New Jersey 07666  
(201) 692-2302 or (201) 692-2315  
[gibbs1@optonline.net](mailto:gibbs1@optonline.net)

***Carolyn Brodbeck, Ph.D.***

*Associate Professor, Psychology*  
Chapman University  
Department of Psychology  
One University Drive  
Orange, California 92866  
(714) 744-7641  
[brodbeck@chapman.edu](mailto:brodbeck@chapman.edu)

***Louis Hsu, Ph.D.***

*Professor, Psychology Department*  
Fairleigh Dickinson University  
1000 River Road  
Teaneck, New Jersey 07666  
(201) 692-2309 or (201) 692-2315 Department  
[louis\\_hsu@fd.edu](mailto:louis_hsu@fd.edu)

***Gregory K. Brown, Ph.D.***

*Research Associate Professor*  
University of Pennsylvania  
Department of Psychiatry  
3535 Market Street  
Philadelphia, PA 19104  
215-898-4104  
[gbrow@mail.med.upenn.edu](mailto:gbrow@mail.med.upenn.edu)

***Juliana Lachenmeyer, Ph.D.***

*Director, Anxiety Treatment Program*  
North Shore University Hospital  
Cornell University Medical College  
Great Neck, New York  
(516) 562-4927  
(516) 482-1767  
[irlphd@aol.com](mailto:irlphd@aol.com)

***Lisa Drexler, Ph.D.***

*Licensed Psychologist*  
5480 Wisconsin Avenue  
Suite 221  
Chevy Chase, Maryland 20815  
(301) 656-8891  
[drexlerlk@aol.com](mailto:drexlerlk@aol.com)

***Robert Katz, Ph.D.***

*Director of Intern Training*  
Springfield Hospital Center  
6655 Sykesville Road  
Sykesville, Maryland 21784  
(410) 795-2100 x3943  
Department Secretary x3391  
[rkatz@dhmh.state.md.us](mailto:rkatz@dhmh.state.md.us)